

Gååå SPRINTEN



28. November – 30. November 2025

TEAM CAPTAINS MEETING

27th November





Agenda



Roll Call

OC and the Jury

Stadium overview

Event Program

Stadium Friday / Courses Friday

Stadium Saturday / Courses Saturday

Stadium Sunday / Courses Sunday

Classical Technique zones Saturday and Sunday

Weather Forecast

Entries and start list

Information from the OC

Information Fluor

Information from the TD

Information from the NSF



Roll call



OC and Jury

OC

Chief of Competition:	<i>Lars Wadahl, Friday</i> <i>Marius Sveipe, Saturday/Sunday</i>
Chief of Course:	<i>Lars Wadahl</i>
Chief of Stadium:	<i>Lars Tarud</i>
Chief of Wax Cabins:	<i>Bjørnar Bakken</i>
Chief of Race Office:	<i>Randi Myhr</i>



JURY

TD:	<i>Torbjørn Broks Pettersen</i>
TD assistant:	<i>Erik Husby (Friday)</i> <i>Erland Husom (Saturday/Sunday)</i>
Chief of Competition:	<i>Lars Wadahl(Friday)</i> <i>Marius Sveipe(Saturday/Sunday)</i>
Equipment controller:	<i>Fridtjof Rannem</i>



Stadium, overview



No ski-depot in stadium

No coaching zone in stadium

- Rennkontor/ Garderobe / WC
- Smørehall / Vogner
- Startnummer
- Parkering servicebiler
- Resultatservice
- Passering
- Servering, publikum, løpere, mannskap
- Mål / Mixed zone
- Prestart / Start
- Publikum

Event Program, Friday 28. nov.



kl 08:00 - 16:00 Race office open



Kl 09:30 Courses open

kl 11:00 Start women senior, 10 km F



kl 12:40 Start men senior, 10 km F



Courses closed until 09:30 – Open to 10:55



Courses open 12:15 – 12:35



Courses closed until 15:30 Preparation for sprint



Training in courses until 20:00

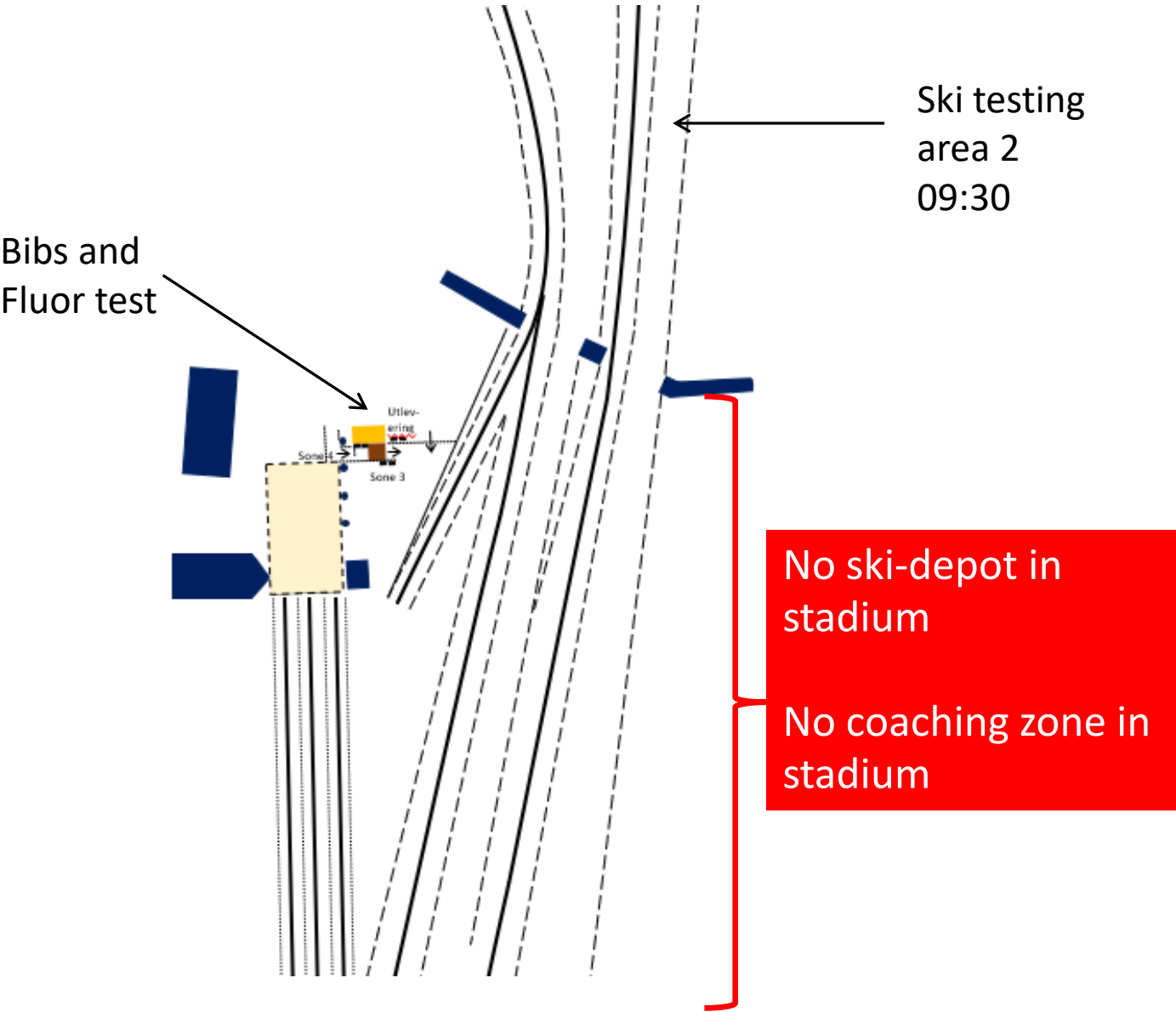
30 sec start interval

Ceremony ca 20 minutes after finish women/men -
6 best in stadium.

Participant prize for the weekend in the race office.

Stadium, Friday

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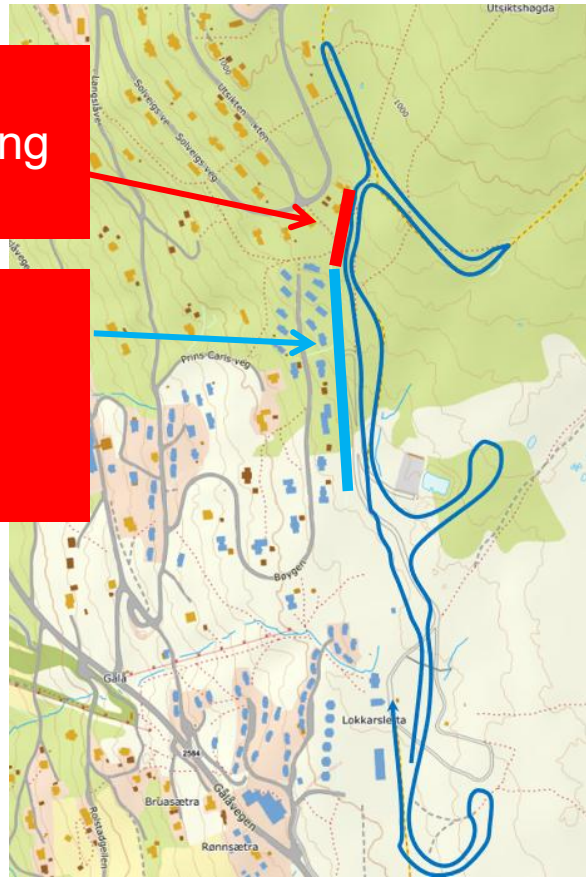
Courses Friday

Senior Men and Women



No coaching zone

Ski testing area 1 07:00



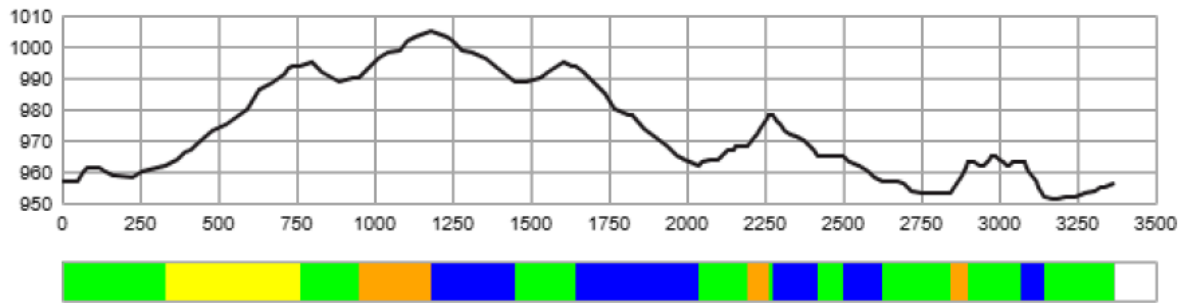
Race open 09:30 – 10:55
Race course stadium area closed 5 min. before start – 10:55!!

Open race course 12:15 til 12:35

Senior women, 10 km F (3 x 3,3 km)
Senior men, 10 km F (3 x 3,3 km)

No coaching zone in stadium

No warm-up on race course during competitions



Event Program, Saturday 29. nov

Para, Women senior and Men senior sprint C

kl 09:00	Para - Prolog C
kl 09:05	Women senior and Men senior - Prolog C
kl 10:05	<u>Heat selection Women senior</u>
kl 10:17	<u>Heat selection Men senior</u>
kl 10:35	Para, finale sitting
kl 10:40	Para, finale standing
kl 10:50	¼ Finales women senior, 5 heat
kl 11:15	¼ Finales men senior, 5 heat
kl 11:40	Semi finales, women senior, 2 heat
kl 11:55	Semi finales, men senior, 2 heat
kl 12:05	Finale women senior
kl 12:20	Finale men senior

15 sec startintervall senior – 30 sec para

5 minutes between heats

Ceremony ca 20 minutes after finish

Courses closed until 16:30

Training in courses until 20:00





Event Program, Saturday 29 nov.



Women junior and men junior sprint C

kl 12:45	Women junior and men junior, Prolog C
kl 13:55	¼ Finales women junior, 5 heat
kl 14:15	¼ Finales men junior, 5 heat
kl 14:36	Semi finales women junior, 2 heat
kl 14:46	Semi finales men junior, 2 heat
kl 14:56	Finale women junior
kl 15:06	Finale men junior

10 sec startintervall junior

Lucky loser in heat

Courses open 12:25 – 12:40

Courses closed until 16:00

Training in courses until 20:00

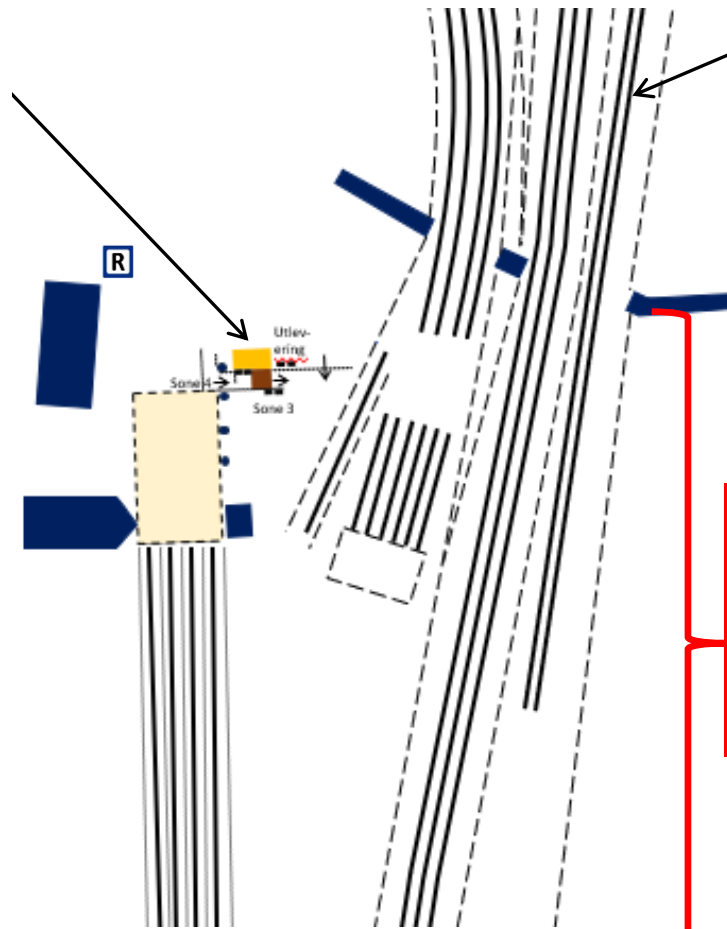
Ceremony ca 20 minutes after finish women/men -

6 best in the stadium

Stadium, Saturday



Bibs and
Fluor test



Ski testing
area 2

No ski-depot in stadium
No coaching zone in stadium

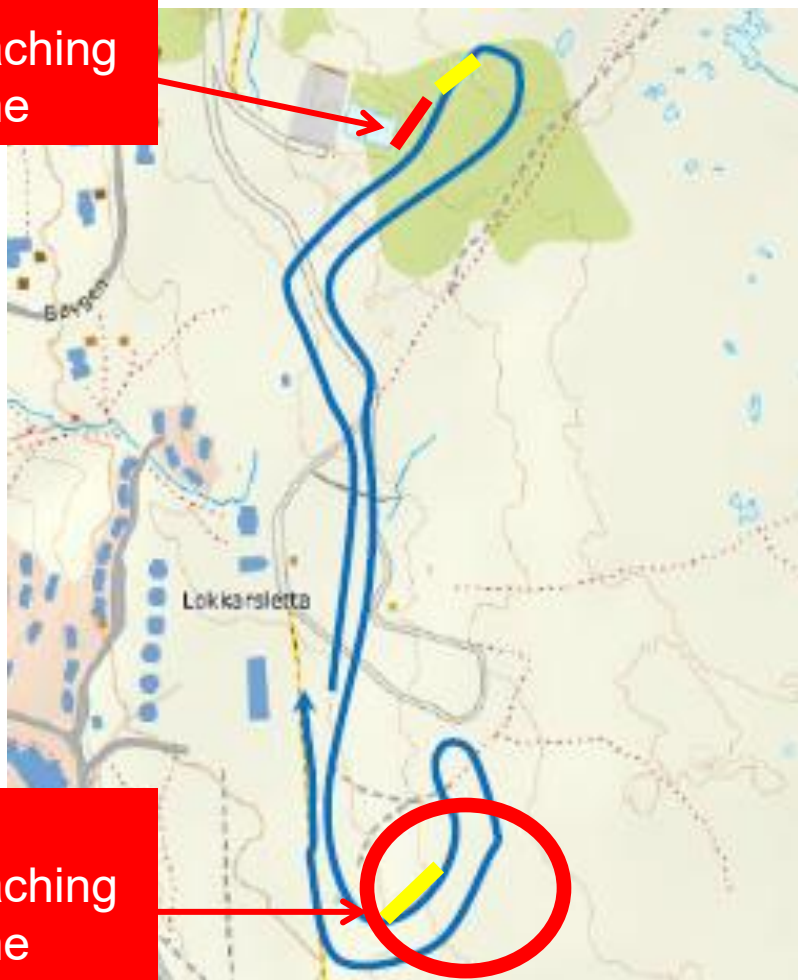


Courses Saturday Sprint C

Women sr / Men sr / para standing



No coaching zone



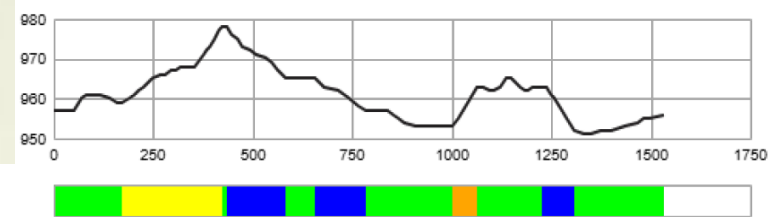
No coaching zone

Race course closed 5 min. before start Prolog – 08:55!!

Closed before/between heats

Course closed until 16:00 (regrooming)

Technique zone



Courses Saturday Sprint C Women sjr / Men jr



No coaching zone



No coaching zone

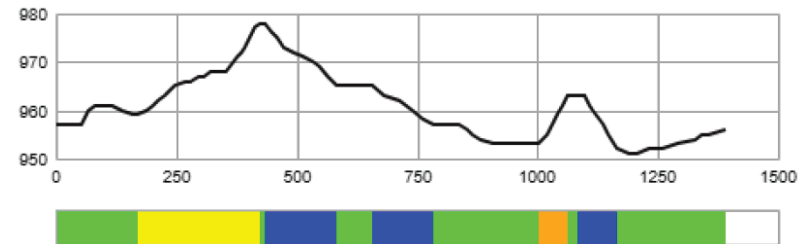
Race course closed 5 min. before start Prolog – 08:55!!

Closed before/between heats

Course open 12:25 – 12:40

Course closed until 16:00 (regrooming)

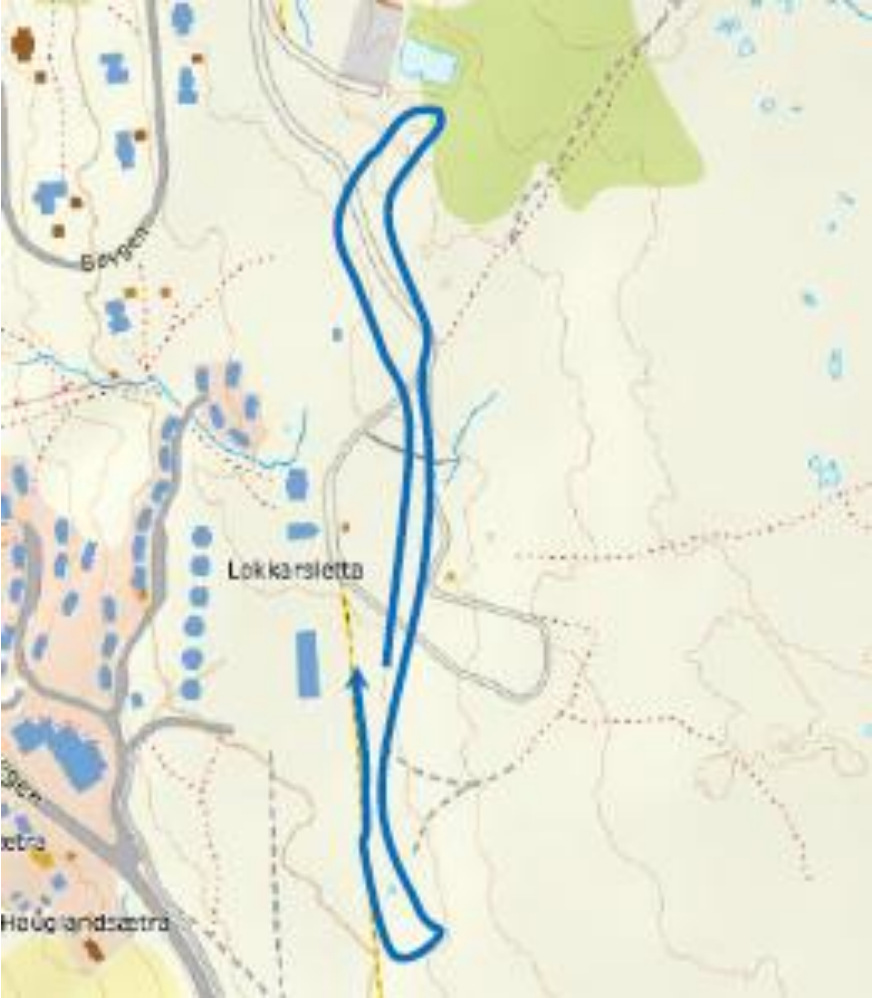
Technique zone





Courses Saturday - Para, sitting sprint

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Race course closed 5 min. before start Prolog 08:55!!

Closed before/between heats

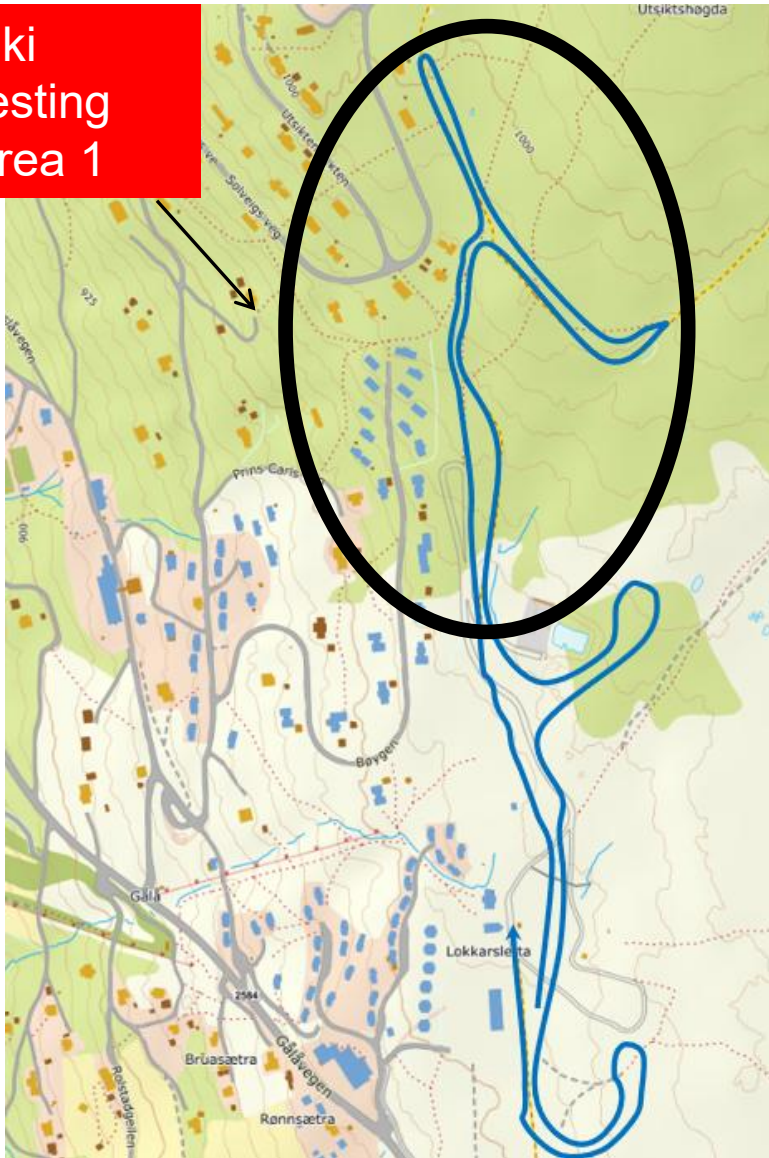
Course closed until 16:00 (regrooming)



Ski test and warm up Saturday



Ski testing area 1



Sprint course stadium area closed 5 min. before start – 08:55!!

Ski test and warm up are allowed in the designated area of the course up.

Test Course closed 15:15 - 16:30 (regrooming)

Event Program, Sunday 30 nov.



kl 08:45	Start Para, sitting 5,0 km
kl 08:48	Start Para standing, 7,5 km C
kl 09:00	Start women senior, 20 km C
kl 10:35	Start men senior, 20 km C
Kl 12:55	Start women junior, 7,5 km C
kl 13:45	Start men junior, 10 km C



30 sec startintervall senior

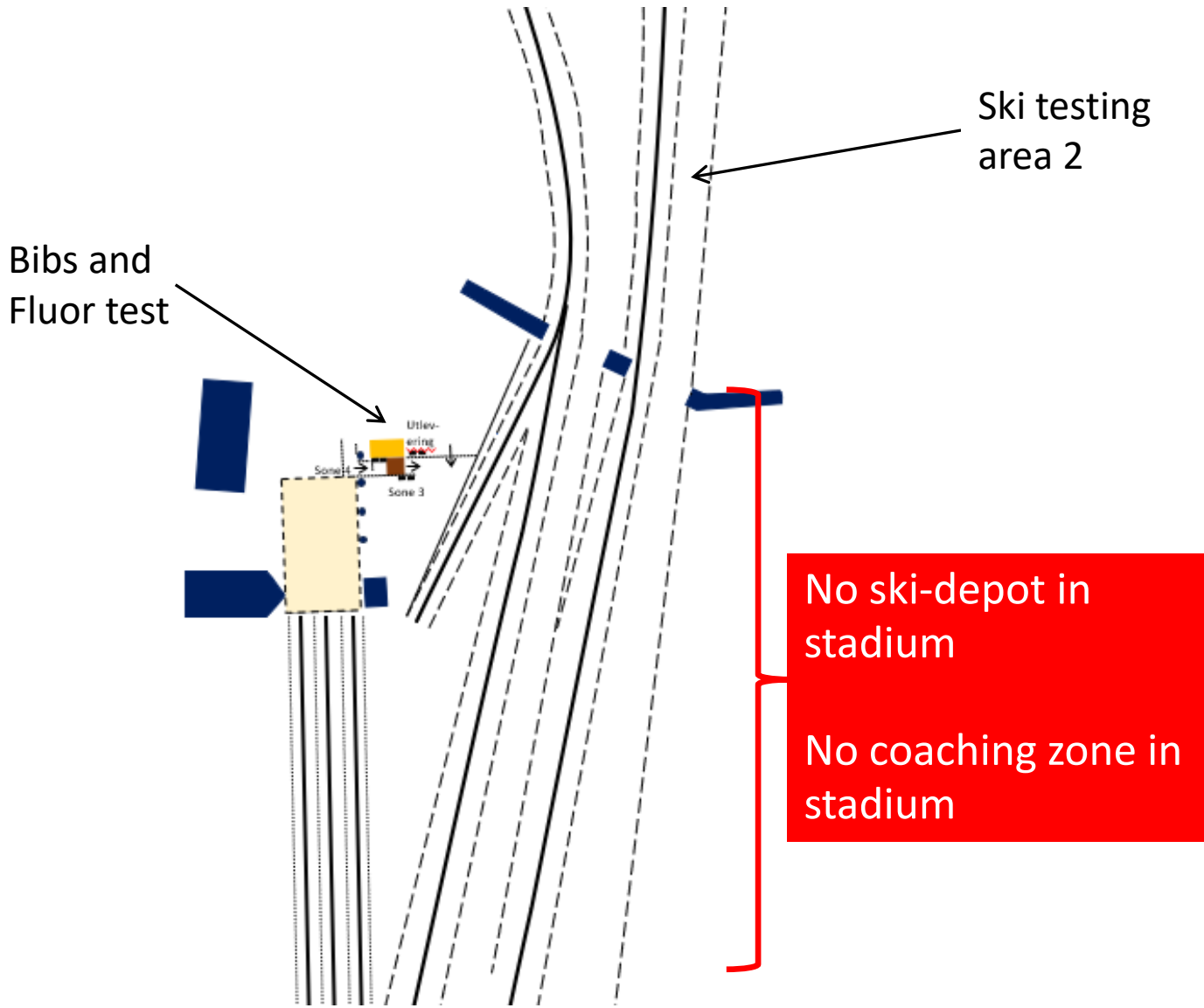
15 sec startintervall junior



Ceremony ca 20 minutes after finish in stadium

Stadium, Sunday

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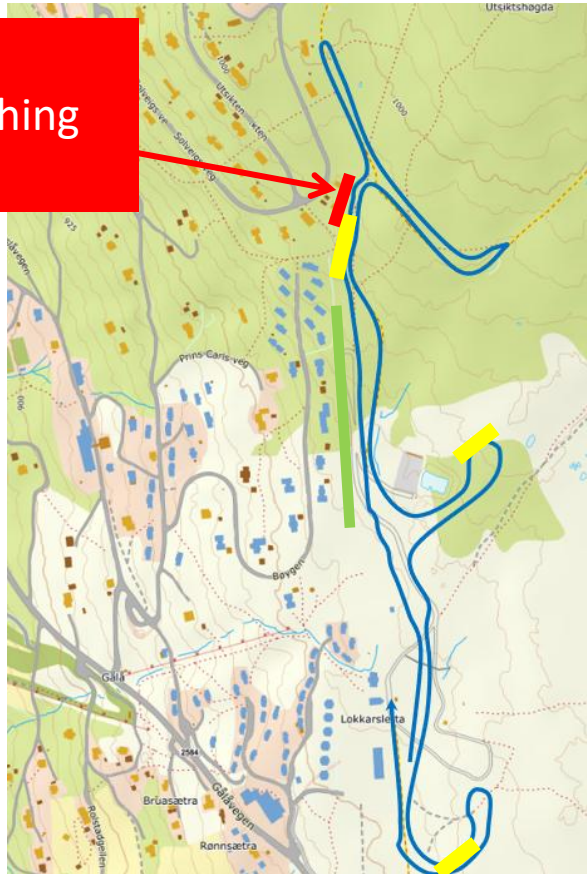


Courses Sunday

Senior men, Senior women and Junior men



No coaching zone



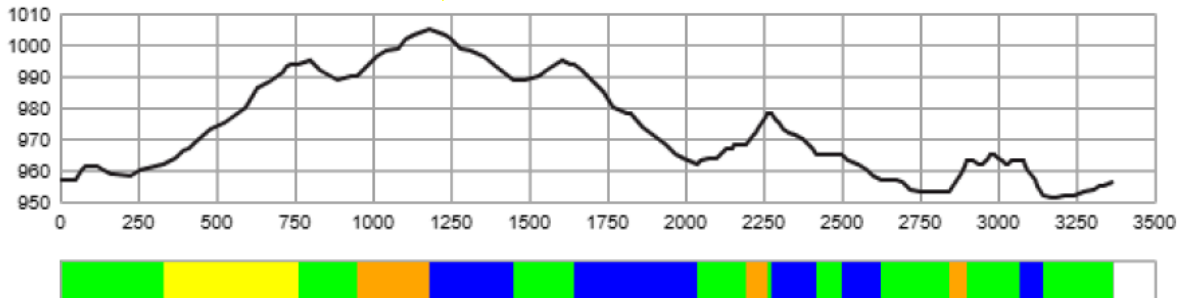
Race course stadium area closed 5 min. before start – 08:40!!

Senior women, 20 km C (6 x 3,3 km)
Senior men, 20 km C (6 x 3,3 km)
Men junior, 10 km C (3 x 3,3 km)

No coaching zone in stadium

Technique zone

Ski test up left side first hill – down marked area

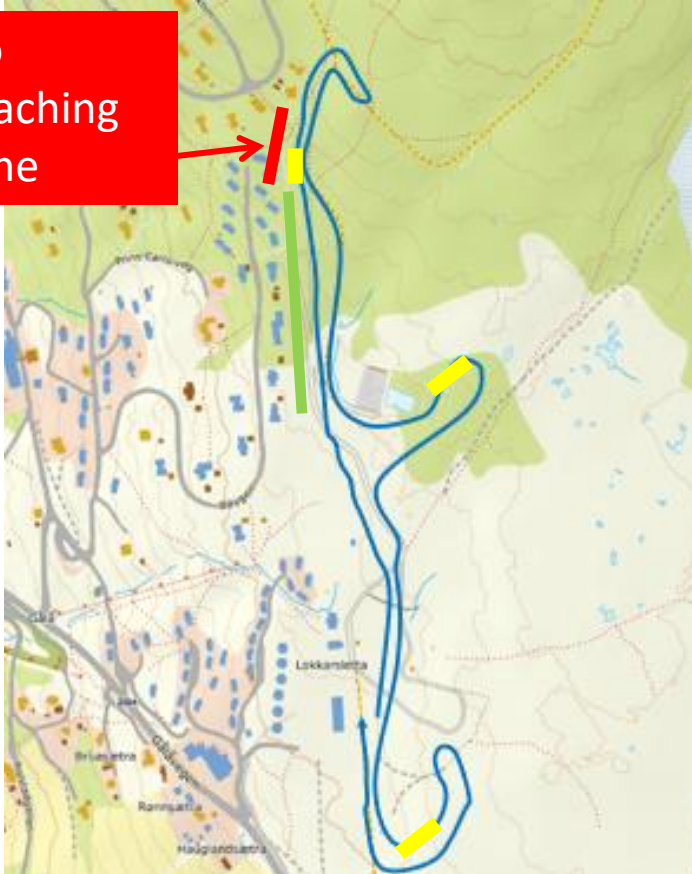


Courses Sunday

Para standing and Junior women

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No coaching zone



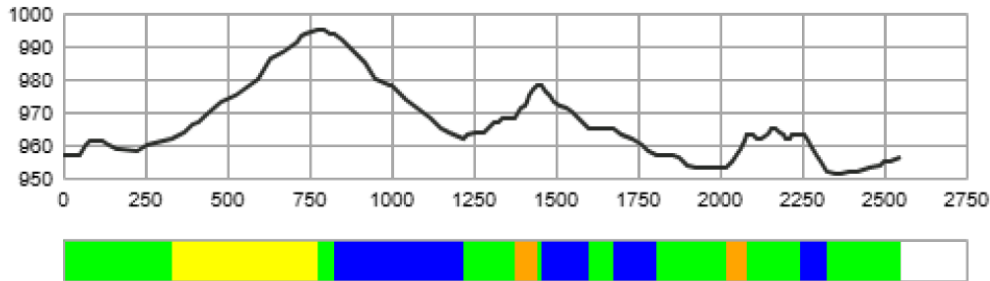
Race course stadium area closed 5 min. before start – 08:40!!

Para standing, 7,5 km C (3 x 2,5 km)
 Women junior, 7,5 km C (3 x 2,5 km)

No coaching zone in stadium

Technique zone

Ski test up left side first hill – down marked area



Courses Sunday

Para sitting

SPAR

Gålå EIENDOM

tindehytter

Gålå
Hogfjellshotell

SpareBank 1
GUDBRANDSDAL

Innlandet
fylkeskommune

Nord-Fron
kommune



Race course stadium area closed 5 min. before start – 08:40!!

Para sitting, 5,0km (5 x 1,0 km)

No coaching zone in stadium

Classical Technique zones, sprint Saturday



2 Classical technique zones,
distance

Marked yellow in map

In the courses marked with:

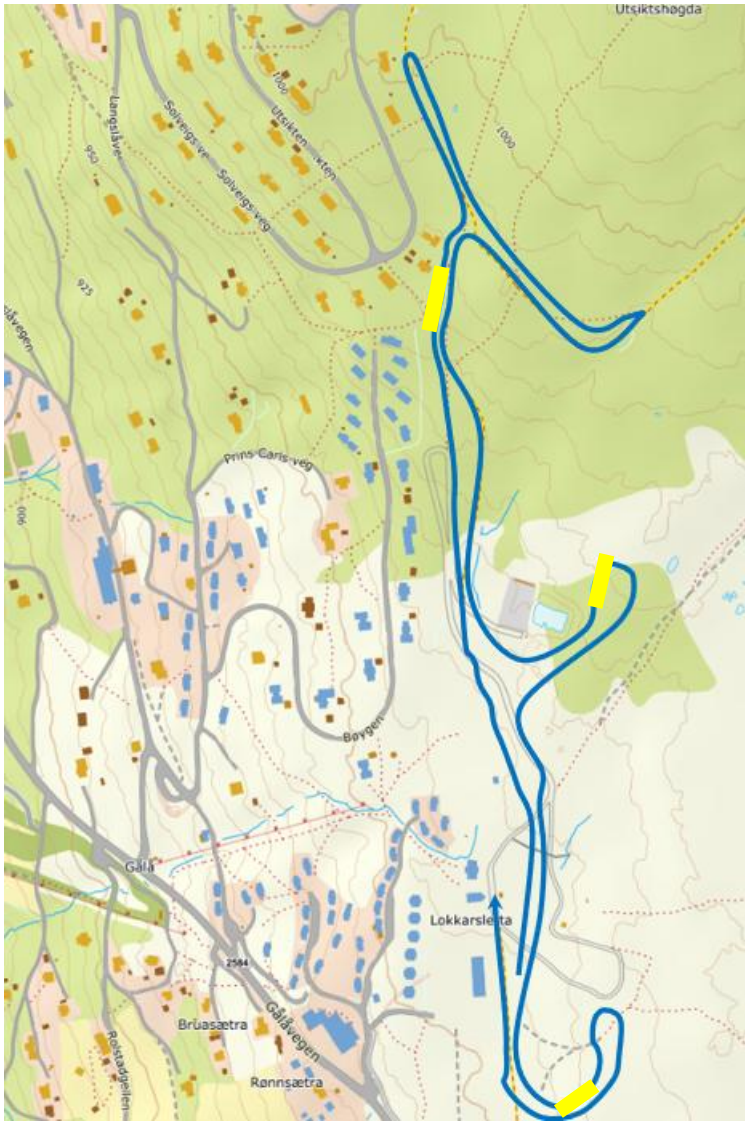
Start
Zone

End
Zone

Video control



Classical Technique zones, distance Sunday

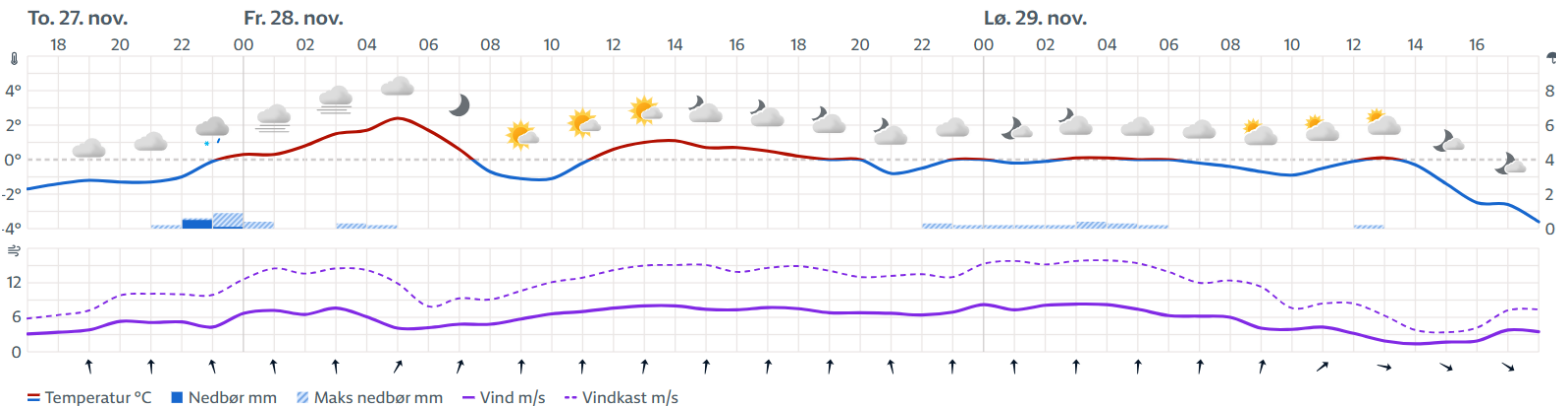


3 Classical technique zones,
distance

Marked yellow in map

Video control

Weather forecast



Course grooming

- Course closed from **20:00**
- Evening / Early night.



Entries and start list

- Transponder, one. Check in good time before start. It's possible to check transponder in the tent.
- It's possible to buy transponder in the race office Friday and Saturday.
- Start list – New FIS points list 20/11, no 3.
- Start list according to NSF season information.
- Start interval comments
 - Friday – 30 sec
 - Saturday – 15 sec senior – 10 sec junior – 30 sec para
 - Sunday - 30 sec senior – 15 sec junior
- Deliver the start bibs in the race office. If not delivered – payment fee = 1000 NOK





Information from OC



- Transponder rent, NOK 100,- pr day
(cash / Visa in the Race Office)
- Transponder purchase at the race office
- If not paid entry fee, pay in race office before start
- Withdrawals, Race office or gala@galaidrett.no
- Start bibs in the stadium – ready 1 hour before start
- AMedia TV production – show consideration and do not stand in the front of camera.

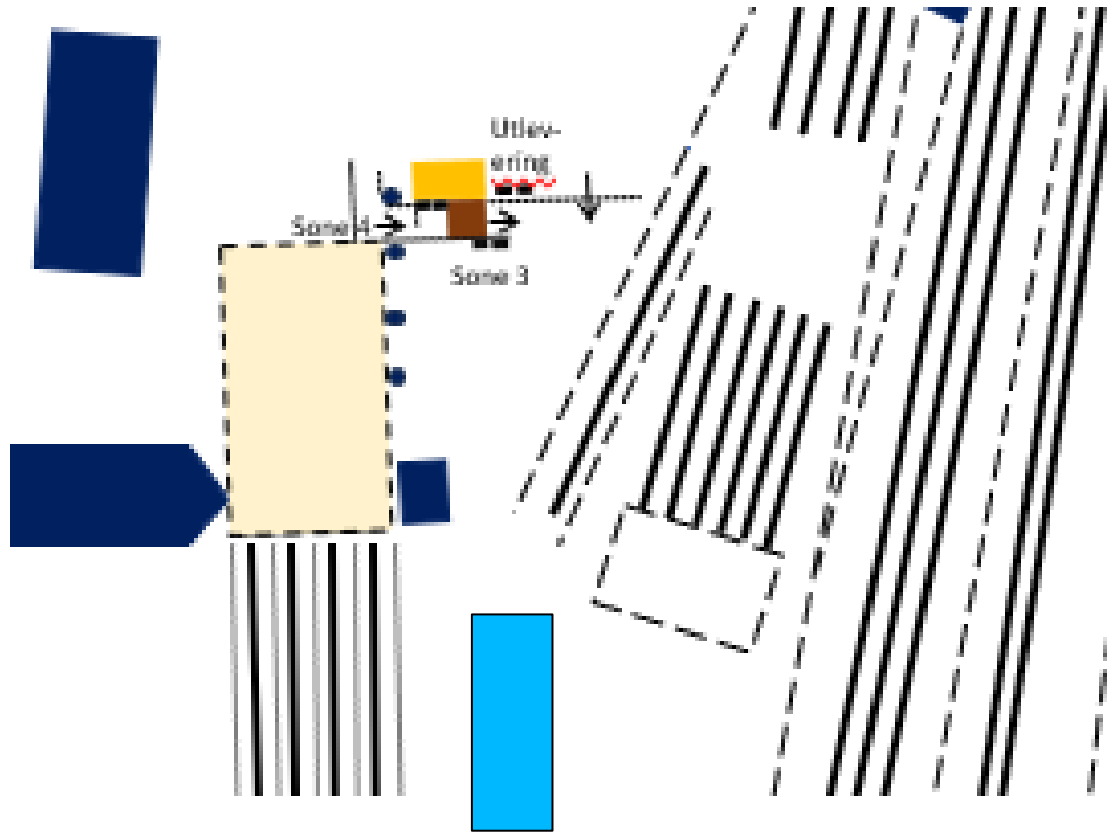
Fluor test

Ski Marking

All skis used must be marked by the athlete in advance. The athlete is responsible for marking the skis using tape, ski labels, or, for example, freezer labels. The markings must be placed behind the bindingi, as shown in the example in the image below.



Fluor test - Logistics



Fluor test



The skis must include:



The bib number for that day



The athlete is responsible for marking their skis and will not receive markers from the organizer.



Testing Individual start / Sprint qualification



After the competition, athletes must pass a checkpoint where their skis may be selected for testing. Athletes are not allowed to remove their bib number until they have passed the checkpoint.



Fluor test



Sprint Finals



All skis shall be placed in Zone 4 after each heat/final.



Competitors qualifying for Semi-finals and Finals can pick up the skis in Zone 3 in the start area before their next heat.



Para sit must have extra skies in the finish area.





Information from TD



Obstruction : ICR 343.9

...competitors shall not obstruct other competitors.



Feeding : ICR 344.2

...must maintain a fixed position



Classic technique: ICR 343.8

...classic technique only.



Turning technique: ICR 310.2.2.3

...in marked sections of the course



Technique zones : ICR 310.2.1

Diagonal technique only in marked zones



No coaching in TV zones

Follow guidelines from marshals

Information from NSF

SPAR NORGESCUP PÅ DIREKTESPORT.NO

Helgas åpningsrenn i SPAR Norgescup markerer starten på NSF's nye avtale med Amedia. Det blir TV-sending av samtlige renn, også para og junior. Husk dette når dere beveger dere i løypenettet. Det er kameraer i start/målområdet, samt ett passeringspunkt. Det vil også bli benyttet drone.

Hjelp oss gjerne med å markedsføre sendingene, på teamenes/klubbenes/utøvernes flater. Vi har en kjempemulighet med NSF's avtale med Amedia for å synliggjøre og øke verdien på vårt produkt.

Kommentorteamet på Direktesport ønsker å lage en best mulig sending, og hadde satt pris på litt hjelp slik at det blir best mulig. Send gjerne inn noen setninger om deg, eller dine løpere. Funfacts og alt er til stor hjelp. Sendes til: mathis.banggren@hotmail.no

Fredag:

Vi kjører lederstol, kvinner og menn.

Vinner presentasjon:

Alle løp, junior og senior: Vi kjører Vinnere presentasjon – topp 3 – for TV-sendingene i tillegg til ordinær premieutdeling. Intervju av topp 3.



Information from NSF



Heat-selection gjennomføres i målgård

Kvinner: 10:05

Menn: 10:17

10 sekunder betenkningstid per løper!



Rekkefølge ved valg av kvartfinaleheat:

- Utøvere nr. 11–1 fra kvalifiseringen velger først.
- Deretter utøvere nr. 12–30.



- Løper får startnummer og leggnummer (venstre side) ved heat-selection



Information from NSF



NSF Langrenn og Langrennssportens venner

NC senior alle individuelle renn (bortsett fra NM)

1. 3 000kr
2. 2 000kr
3. 1 000kr

NC junior 19/20 år alle individuelle renn

1. 3 000kr
2. 2 000kr
3. 1 000kr



Årets lue 2026 er mørkeblå. Se bilde.



NM U23 Trondheim

1. 10 000kr
2. 7 000kr
3. 5 000kr

NC Sammenlagt

TBD

Alle vinnere sender kontonummer, fødselsnummer og e-post til erik.husby@skiforbundet.no

Information from NSF



NM Steinkjer: Minner om bestillingsfrist for smøreplasser og vogn - Steinkjer. Info på hjemmesiden, frist 1. desember

Husk påmelding til Skandinavisk Cup Östersund og Vantaa – gjennom iSonen



Good Luck!